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## THE CONTRIBUTION OF GROUP GUIDANCE SERVICES ON THE STUDENTS RISKY BEHAVIOR PREVENTION PROGRAM

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**Abstract.** Nowadays, student's life was very close to the risky behaviors that can lead to mental health disorders such as smoking, alcohol consumption, drug addiction and premarital sex. Risky behaviors that can interfere students should be prevented so that they could avoid negative things in their life. This study will attempt to show the contribution of group guidance services in providing risky behavior prevention program on the students. This research was used Ex Post Facto Research combined with correlational research and involved the subject of 65 students. The results of the study showed that group guidance services showed contribution in prevent risky behavior to their students by 35% to conclude that group guidance services can used as prevention strategy for risky behavior and give positive sentiment for students about the negative impact of risky behavior. The implication of this research is giving an overview of the importance of guidance and counseling service as the prevention step and as for students to be aware and integrate and avoiding risky behaviors for the sake of their better future.

**Keywords:** Contribution, Group Guidance, Risky Behaviors

### I. INTRODUCTION

Recently, student life were very close to risky behavior that can interfere with their development and mental health. The development of social interaction in the modern era now are generated a lot of both positive or negative impacts. The positive impact of social interaction is helping students developing themselves, increase confidence, acknowledge the environment and train adapting to the environment. While, the negative impact is that they are exposed to risky behavior such as smoking, alcohol consumption, drugs addiction and premarital sex.

Indonesia Basic Health Research data in 2013 showed that there were Teenage pregnancy at the age of 15-19 years old of 1.97%. Adolescent Reproductive Health survey (SKRRI) in Indonesia in 2012 found that the percentage of teenagers who knew there were people who practice abortion tend to increase. According to Basic Health Research data in 2010 showed that teenage of 15-24 years old already smoking of 36,7 %. The age group of 15-19 years old is the age they were start smoking that reach a level of the highest 43,3 %, followed by age group of 20-24 years old by 14,6 %. Adolescent Reproductive Health survey in Indonesia (SKRRI) data in 2012 showed the increasing number of teenagers who used to consume alcoholic beverages. Teenage boys who consume alcohol as much as 39% increased compared to the year 2002-2003 by 34 %. Thus, from the 39% they were consisted of 23 % who were trying to stop, 16% who drink occasionally and less than 1% who consuming in daily basis.

Then, the young girls who drink alcohol were increased from 2,5 % in 2002-2003 to 6 % in 2007 and 5 % in 2012.

The survey of Health Research Center University of Indonesia shared with the National Drug Agency (BNN-PPKUI) in 2016 found that the existence number of drug abuse trend along with the increasing level of education. According to DG of Disease Control and Environmental Health (PP&PL), Ministry of Health, Republic of. Indonesia in 2016, the development of HIV/AIDS cases in Indonesia is still an issue and showed an increase from year to year.

The highest cumulative percentage of AIDS cases were on age group of 20-29 years old of 31.4%. For ages 15-19 years old was amounted of 2.7%. Based on the results of survey conducted by The Directorate General of Disease Control and Environmental Health, it should be known as much as 24% of students of junior and senior high school in Samarinda smoking and even tried smoking, the survey was conducted in eight schools with high school and junior high school level involving 230 students (Republika.co.id, August 10, 2017). Based on data showed that the risky behavior is at risk are in the range of adolescents and school ages.

The teen aged began at age 11 or 12 to early twenties or late teens (Papalia, 2008). According to Erikson (in Joseph, 2007) stated that adolescence is a crucial stage in the life cycle. Adolescence is closely related to the development of the "sense of identity vs role confusion" i.e. feeling or self awareness of his own identity. The teen aged were in the range of junior high, high school and college. Teen aged were attached with identity search exposing the enormous desire to

try new things, therefore there should be a prevention especially on risky behavior that resulted in a negative impact.

Strategies that can be applied at the school in preventing risky behavior is providing group guidance service. Group guidance service is one of strategies in guidance and counseling services. Guidance and counseling is integrating in the educational system at the school that has the purpose to develop the students' potential. In developing the students' potential, one important aspect is to implement process of prevention from negative behavior in the school.

Guidance and counseling service have a prevention function with group guidance service strategy. Group guidance service aims to prevent the development of problems or difficulties in the counselee or students (Nurihsan, 2005). Group guidance service were acted as delivering groups information or activity which discuss issues of education, employment, personal and social problems (Nurihsan, 2006). Group guidance service are based on its function that is very useful to perform in the school as one of its prevention strategies.

Group guidance service with the topic of risky behaviors such as the dangers of smoking, alcohol consumption, drug addiction and premarital sex has already been implemented in some junior high schools or high schools in Samarinda as existed in carry out the process of prevention for students in developing positive behavior. So this research aimed to discover group guidance service contribution towards the prevention of risky behaviour on students.

## II. METHODS

This research method were using ex post facto quantitative with desian correlational. There were two variables i.e. group guidance services and risky behavior. The sample in this research were grade VII and VIII junior high schools as much as 65 students.

The sampling were using purposive sampling techniques. According to Sugiyono ( 2009) stated that they found a practical decisive manner of size sample namely by tables and nomogram. The collective data method using the questionnaire. Instrument Test validity were using the validity of invalid constructs with the pearson product moment formula and reliability using the alphalevelformula. Technique of data analysis using regression analysis to explore whether any contribution of group guidance service towards the prevention of risky behaviour on students.

## III. RESULT AND DISCUSSION

The results of the study were explained the contribution of group guidance services to prevent risky behavior to their students namely the beneficial of group guidance services and the understanding as a form of prevention from risky behavior. The following an examination of the results of the study .

### A. Descriptive analysis

#### 1) Group Guidance services

The benefit of group guidance service showed the beneficial results to the students in the prevention strategy

information delivery. Group guidance data can be seen in the table below:

Table 1. Description of Group Guidance Services

No	Interval	Frequency	Percentage(%)	Category	Interpretation
1	106-128	25	38%	Strongly agree	Very useful
2	82-105	40	62%	Agree	Somewhat useful
3	57- 81	-	-	Disagree	Not very useful
4	32-56	-	-	Strongly disagree	Not at all useful
Quantity		65	100		

Based on the data in the table above indicated that the group guidance service with the percentage of 38% or the 25 students in the category were strongly agree or very useful and 62% or 40 students in the category agrees or useful. This result showed that the group guidance were useful among the students so it can be used as one of the strategies in preventing risky behaviour.

#### 2) Risky Behaviour

Students comprehension regarding risky behavior such as the dangers of smoking, drugs addiction and premarital showed the results they got really understanding and aware to such activity indicating risky behavior. The risky behaviour data can be seen in the table below.

Table. 2 Description of Students Understanding towards Risky Behavior

N o	Interval	Frequency	Percentage(%)	Category	Interpretation
1	131-160	35	53,9%	Strongly agree	Very useful
2	101-130	30	46,1%	Agree	Somewhat useful
3	71-100	-	-	Disagree	Not very useful
4	40-70	-	-	Strongly disagree	Not at all useful
Quantity		65	100		

Based on the data in the table above showed that the understanding among the students regarding risky behavior were given very helpful with a number of students who have an understanding of 53, 9%, or 35 students in the category strongly agree or very useful and 46.1% category agree or useful. These results indicated that material or behavior regarding risky behavior prevention topics very understandable and beneficial to the students so that students can frame themselves from negative things.

#### B. Testing Requirements Results

Test requirements for regression analysis were include 1. normality test, 2. homogeneity test, 3. linearity test, which was described as follows:

##### 1) Normality Test

Normality Test to study the distribution of each data namely group guidance service and risky behavior. Normality test analysis techniques were applied by using the program SPSS Version 15. If probability > 0.05, then the distribution considered normal (Gaussian research data). The following normality testing showed.

Table 3. Normality Test Research Data Results

No	Variable	Asymp.Sig. (probability)	Level of significance	Description	Data distribution
1	Group Guidance services	0,308	0,05	$0,308 > 0,05$	Normal
2.	Risky behavior	0,393	0,05	$0,393 > 0,05$	Normal

From the table above showed that the Gaussian research data because the probability above 0.05, so the group guidance services and risk behavior concluded normal (Gaussian research data).

## 2) Linearity Test

Linearity Test to study the Linearity between group guidance service with the understanding of risky behaviours. Linearity were tested with the Ftest and application of the program SPSS version 15. Linearity test analysis results in the following:

Table 4. Linearity Test Results Research Data

Variable	F	Significance (p)	Description
Y atas X	0,945	0,706	Linear

Based on the table above indicated that data variable Y over X is linear. Numerical analysis of linear test probability 0.05

## 3) Homogeneity Test

Homogeneity test aimed to find out the similarities of each variable variant. Homogeneity test were applied to find out the Variant variable Y over X with the application of computer program SPSS version 15. The results of the analysis of homogeneity test as follows:

Table 5 Homogeneity Test Results

Variable	Statistics	Significance (p)	Description
Y over X	3,723	0,537	Homogen

Based on the table above were indicated that the variable X over Y are homogeneous with the probability test variant more than 0.05.

## C. Hypothesis Testing

### 1) Simple Regression Test Between X over Y

In a simple regression test to examine the influence between the variable X against Y, in testing the influence of variable X against Y using the F test and search for r based on data correlation test is performed with the product moment to explore the strong and the weakness of each variable.

### 2) The contribution of group guidance services towards prevention of risky behavior among students.

Based on the hypothesis that there were contribution towards the prevention of group tutoring service at risky behavior on students in which revealed significant in equation form as follows:

Table 6. The Significance of Group Guidance Service towards The Prevention of Risky Behavior

#### ANOVA

Model	Squares	Df	Mean Squares	F	Significance
Regression	8435,589	1	8447,497	38,776	0,005
Residual	43795,420	108	324,485		
Total	52231,009	109			

Based on the significant test above it can be known that the group guidance service towards the prevention of risky behavior were obtained the value of F Calculate 38.776 with 0.005 significance so group guidance service were significantly contributed to the prevention of risky behavior on students.

The connection between groups counseling towards prevention of risky behavior on students were showed figure 35% based on numbers R square showed there was a correlation between group guidance towards the prevention of risky behavior on students.

Research results were providing an overview that group guidance service in most of the school as one strategy in delivering assistance through early prevention. Guidance and counseling services have become integral part of educational system in schools. Recently, guidance and counseling services not only within the scope of junior high and high school but already from the elementary school basis. In guidance and counseling, not only in the service provided in the form of prevention but also there are other types of services in the guidance and counseling that can take advantage of as form of reducing problem and development.

Group Guidance services were focused on its prevention program since It is better to prepare and prevent than it is to repair and repent. Group Guidance services can be well implemented if it is conducted in a continuous manner. Some factors that can interfere with the implementation of the group guidance service such as the availability of guidance and counseling teachers, infrastructure, and cooperation between all the components in the system of guidance and counseling service because the service guidance and counseling will not be optimal without the support of all parties. In the process of strengthening prevention would prevent students from risky behavior.

## IV. CONCLUSION

Based on the results of the research and the discussion above it can be concluded that group guidance service were contributed to the prevention of risky behavior. This indicates that the group guidance service can be applied as school strategy in preventing risky behavior since the prevention evidence empirically proven.

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